

MURDOCH UNIVERSITY

The Deadly Yorgas 'Swap It, Don't Stop It' Health Program

Project Date

Mid-September – December 2012

Project Location

Pinjarra, 85km south east of Perth

Target Group

Bindjareb Aboriginal women

Background

Murray District Aboriginal Association's chairperson, Karrie-Anne Kearing and Murdoch University lecturer Caroline Nilson devised a program combining nutrition classes and exercise for Aboriginal women.

Objectives

- Increase community knowledge about physical activity, healthy eating and/or healthy weight.
- Increase local participation in physical activity, healthy eating and/or healthy weight initiatives.
- Improve the healthy eating and physical activity habits of community members.

What Happened?

- Zumba dance classes on Monday mornings.
- Nutrition classes on Wednesday mornings.
- Walks along the river on Friday afternoons of 30-45 minute duration.

Results

- 15 women enrolled in the program with Zumba classes well attended.
- Some of the recipes shared in the cooking classes have become family favourites.
- The walking group was popular as the women were able to yarn together and children could join in too.

Feedback

- The program created a sense of "womanship" between participants.
- "I think it starts with the parents; when the parents start enjoying eating healthy, it spreads to the kids.
- "Some of the recipes we've been learning we've taken to the school where we cook with kids, and they're enjoying eating them — it's surprised me."
- "Instead of sitting at home by yourself, you get in with a group your own age and get talking — it helps your mental state as well."

Tips

- Provide a friendly, non-threatening environment.
- Consult and collaborate with community members throughout the project to encourage their involvement.
- Reciprocal respect and regard for everyone involved in the program is needed.

Where to from here?

The Deadly Yorgas Health Program has been a pilot project for a larger Health Intervention Research Project: the Bindjareb Yorgas Health Program (BYHP). The BYHP will run from February 2013 – December 2013.

Organisation Contact

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